

**Bridge to Wellness
Meeting Minutes
November 10, 2015**

Members Present: Library- Maureen Maloney; Finance – Ashley Lent; HRA – Lenelle Hrabik; DECC – Annette Nemec; Street Maintenance – Doug Peterson

1. Move or Bust Challenge – The City won the Move or Bust Challenge!

All participants will receive t-shirt if City beats County.

2. Health Fair Wrap-up

- a) **Volunteer feedback:** -Need more bags; raffle card was simple – keep it simple for next year; 2 hours shifts were fine for most people; **tables and chairs were set up near the fountain** for another event, but recommended to have those set up for next year.
- b) **Demos:** The demonstrations were fun to see/provided energy and would be great to have back for next year, but maybe have an **announcer to share that they were happening** to get an audience for them (or participants).
- c) **Exhibitors:** Good variety of exhibitors, seemed like there was a steady stream of people flowing through and to vendors. **Definitely keep the benefits booth** for next year – that helped tremendously!
- d) **Presentations:** Seemed well-attended, however most of the volunteers did not get a chance to sit in on the presentations. There was a request to have a nutritionist come or have a nutrition focus which Angel will actually follow-up with as the next challenge/campaign for employees. The one presentation that captured a few people's attention was Chef Marshall O'Brien group (Smart Eating), and Angel shared that the group charges for presentations/seminars. It was suggested that **maybe have a day where the Marshall O'Brien group come and present for one day and focus their presentations on the different departments – Fire, Police, PW, etc.** **Also suggested was a preview of what was going to be covered, particularly in the retiree meetings.**
- e) **Functional/Wellness Evaluations:** Many thought they were informative, but would have liked more privacy on some of the components of the "tests" as they didn't like to perform push-ups in front of others. The room was also very warm, figuring a **cooler space for next year**. There was confusion about the differences in Biometric screenings vs. the functional/wellness assessments, some people went to the wellness assessment thinking it was the Bio screening. There will need to be **clearer communication including signage** with regard to that **next year**. There was also a question about whether students would be willing to conduct a **6-month follow-up assessment for participants**. **Angel will email participants to poll how many would be interested and follow-up with the College of St. Scholastica to see if this would be a possibility.**
- f) **Biometric screenings:** Everyone agreed that the new company/screeners moved really quickly – very smooth, very efficient and felt that they gave great information with regard to the biometric numbers and what they mean. Much better than previous years – we would be happy to have them back. The only question that arose with regard to biometric screenings was the

question about ***how to complete the Health Risk Assessment – making sure that that information goes out again to employees.***

- g) **Other:** Flow of the venue seemed to work well; emcee was missed but doesn't have to be one person announcing all day...can do that differently next year.

3. **Yoga on-site**

Angel informed the committee that Yoga will take place here at City Hall on Tuesdays, for 6-weeks beginning Nov. 10th. The class will be 5-6pm. Participants who are interested will either need to be a Duluth Y member to participate in it for free or purchase a punch-card.

4. **Wellness Days**

Wellness Days will be back in December! Stay-tuned

5. **Next meeting is December 8th, 2015 at 2pm, Room 402 of City Hall.**